

The Center Post

Volume 25

AUGUST 2016

**The Enrichment Center
Hours of Operation:**
Monday - Thursday
8 a.m. - 8 p.m. and
Friday 8 a.m. - 5 p.m.
919-776-0501

Our purpose
is to connect **baby boomers, seniors, family caregivers and veterans** with meaningful educational and volunteer opportunities; increase their access to services, benefits and resources and offer tools to manage health and finances.

- ♦ Trips, Pg. 2
- ♦ Diners Club Programs, Pg. 2
- ♦ Happy Birthday, Pg. 3
- ♦ The EC Drama Club, Pg. 3
- ♦ What's SHIP? Pg. 3
- ♦ Public Transportation, COLTS, Pg. 4
- ♦ Watercolor Art Class, Pg. 4
- ♦ Financial Exploitation of Seniors, Pg. 4
- ♦ Wellness Screenings, Safety and More at Senior Center Fridays, Pg. 5-6
- ♦ "Being Mortal", Pg. 7

The Enrichment Center's



POLICE • COMMUNITY PARTNERSHIPS

Special Safety Program

Tuesday, August 2, 2016 at 11:00 A.M.

Open to General Public

- Members of the City of Sanford Council
- Captain Hancox, Sanford Police Dept.
- General Safety/Current Scam Prevention
 - Prescription Medication Safety
 - Project Lazarus
- National Night Out / Community Watch

Join Us for a Discussion on All-Inclusive Care Options for You or Your Loved One

Guest Speaker Fatima Beck
of Piedmont Health SeniorCare.

Friday, August 19, 2016 at 10:30 A.M.

**Piedmont Health SeniorCare is a Program
of All-inclusive Care for the Elderly (PACE).**

Their mission is to promote and sustain the independence of seniors wishing to remain in the community. They provide seniors with comprehensive long-term health, social, medical and dietary care. **Registration is requested 919-776-0501 ext. 2201.**



FREE SMARTPHONE TRAINING

**Friday, Aug. 12, 2016
2:00 P.M. - 4:00 P.M.**

Do you want to get more out of your smartphone? Have you thought of purchasing a smartphone? Do you wish you could keep up with your children or grandchildren more? Do you feel that today's technology is too complicated and you can't learn it?



If so, come join us for a fun class and find out yes, you can learn it! Become a pro with your phone and discover what it can do. Bring your smartphone and questions!

Class is FREE but you MUST call and register if you would like to attend.
919-776-0501 Ext. 2201.

NOTE: you do NOT need your own smartphone to attend this class.

Come Join Us For A Veterans Benefits Forum

**At The Enrichment Center
Hosted by Lee County Veteran Services**



**Wednesday August 31, 2016
6:00 P.M. - 8:00 P.M.**

Registration is Not Required

Topics of Discussion:

VA Compensation Process

Pension Program

My Healthy Vet Program/ Sign-up

E-Benefits Sign-up

Light Refreshments Will Be Served



Let's travel in 2016!

919-776-0501 Ext. 2201

Trip payment or deposit required at the time of registration. Tour companies require our payment in full at least 60 days in advance. Minimum passenger limit is required for the trip to go; be sure to register and pay as soon as possible!

September 22-28, 2016

New York City and The Statue of Liberty

We are off to "The Big Apple!" Manhattan, Central Park, Rockefeller Center, Times Square, Ellis Island, Liberty Island, 9/11 Memorial and admission to the 9/11 Museum. **\$745 includes motor coach transportation, lodging, 10 meals and guided tours. TRIP IS FULL—PUT YOUR NAME ON THE WAITING LIST!**

Friday, September 30, 2016

Fun at the Follies! Space is limited on this special trip! We will travel to Raleigh to see performers from all over North Carolina! Performers are winners from their individual Senior Games & Silver Arts competitions.



Tuesday, October 18, 2016

NC State Fair

Our annual trip to the NC State Fair in Raleigh where food and fun are all around you! **\$20 includes motor coach transportation. SPACE AVAILABLE!**

Thursday, December 15, 2016

Christmas Wonderland at the Palace Theatre

Upon arrival in Myrtle Beach, we visit Broadway at the Beach, enjoy some free time and then see a wonderful show! **\$89 includes motor coach transportation and show ticket. Lunch on your own. SPACE AVAILABLE!**

Water Aerobics Mondays/Wednesdays/Fridays at 11:00 AM and Mondays/Wednesdays/Thursdays at 5:30 PM at OT Sloan Pool. Cost is \$10 per month for day or afternoon session. Register and pay at The Enrichment Center.

Saturday Nite Dance Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for AUGUST 2016:** 6TH—Southern Exposure, 13th—Leda Ray Band, 20th—The Fabulous Troubadours, 27th—The Midnite Express Band.

Diners Club A daily celebration



A nutritious lunch is available in the Diners Club Monday through Friday at 12:00 Noon for Lee County residents 60 and better.

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Menu selections include: Baked chicken, hamburger, chef salad, vegetables, fruit, bread, cobbler/cake and beverage. If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register.

11:00 am programs in the Diners Club are open to the general public. AUGUST programs:

2nd—National Night Out Community Watch, Scams & Project Lazarus, presented by Cpt. Hancox, Sanford Police Dept. and others from the City of Sanford

3rd—Celebrate the End of Summer with Laurence Poindexter Singing

5th—Cholesterol & Heart Disease, Jennifer Matthews, Amedisys

10th—Let's Take a Trip to Hawaii! Mark Coggins

12th—Walgreens friends visit with Information

16th—Sassy Red Hatters meeting

17th—Watermelon Social with friends from Miller Boles

19th—PACE Program—What's it all about?

22nd—**10:30 AM**—Unexplained Weight Loss in Older Adults, UNC School of Medicine

24th—Board Games

26th—Walgreens friends visit with Information

31st—Let's Color!

**Walking Club EVERY WEDNESDAY
10 am in the Diners Club!**

EC Facts

From July 1, 2015 to June 20, 2016

16,964 meals were served in the Diners Club.

6,249 Home Delivered Meals were taken to home-bound older adults outside of the city limits of Sanford. This is an average of 68 Diners Club per day and 25 Home Delivered Meals per day.



WELCOME TO MEDICARE PARTY and Information Session

Thursday, Sept. 8, 2016
6:00 P.M.

At The Enrichment Center

An informative program that explains all the mail you may be receiving and the different parts and choices you have approaching Medicare. This program is brought to you by

S.H.I.I.P. - Seniors' Health Insurance Information Program, a division of the N.C. Department of Insurance.

**For more information, contact Janice Holmes
at 919-776-0501 Ext. 2206.**

The Seniors' Health Insurance Information Program, SHIIP,

counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D and long-term care insurance. The counselors on our toll-free line offer and unbiased information regarding Medicare health care products. We also help people recognize and prevent Medicare billing errors and possible fraud and abuse through our NC SMP Program.

Since the program's creation in 1986, SHIIP has become a role model for other states and has received two national awards for "innovative" and "exemplary" service. **Call 1-855-408-1212 (toll free) Monday through Friday from 8:00 A.M. to 5:00 P.M.**



VOLUNTEERS NEEDED IN THE

HOME DELIVERED MEALS PROGRAM

Call Janice at 919-776-0501 Ext. 2206.

Routes take about an hour.
Regulars and Fill-Ins Needed.

- **Do you love theatre?**
- **Have you ever dreamed of being a star?**
- **Has anyone ever told you that you should be on stage?**
- **Is your inner Bing Crosby dying to get out???**



WELL NOW IS YOUR TIME

TO SHINE!!

INTRODUCING ...

The EC Drama Club!

A troupe dedicated to bringing live theatre to the Enrichment Center. We will meet twice a month to discuss theatre, work on monologues, rehearse skits & plays, have guest artists & workshops.



**If interested in joining this league of extraordinary thespians please call
Holly (919) 776-0501 ext. 2230.
Boomers and up only please.**

A VOLUNTEER

Helping someone that needs you,
sometimes in their greatest need

Doing things for others, not out of
selfishness, notoriety or greed

Daily, every month, even every year
There are few things more important
than a Volunteer

In every facet of daily living, there are
those giving their time

Some may ask "why do you do it"?
There seems no reason or rhyme

When you are helping others, it may sometimes
bring a tear

This is what happens, in the life of a Volunteer

So when we are idle, with too much time on our hands
Two words we can't get confused, the Ifs and the Cans

Take that first step forward, it will get your life in gear
You'll find there is nothing more rewarding than

Being a Volunteer

Bob Smith, 2016

Public Transportation

More Options Than Ever Before With COLTS!

- Pinehurst 5 days a week
- Additional stops on Sanford in town loop
- Plan your appointments with convenience
- Options for last minute appointments



COLTS County of Lee Transit System

Public Transportation getting you safely to your destination.

919-776-7201

Nifty Noggins are head coverings for cancer patients and come in a variety of materials and styles. The volunteers at **Nifty Noggins**, would be most happy to share, free of cost, the head coverings that they make just for you. If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.

Watercolor Painting will be offered at The Enrichment Center by Central Carolina Community College. Classes will be held Tuesdays, 1:00 P.M. - 4:00 P.M. beginning August 30th. To register call Continuing Education at CCCC, 919-718-7500. Registration is complete when payment is made.

Are you ready to...

Take Control of Your Diabetes?

A FREE Diabetes Program for Seniors is being offered!

Join us Wednesdays for this fun, hands-on 6-session class!

Classes held October 5 - November 9, 2016
2:00 PM - 4:00 PM

Reserve your spot today
by calling 919-776-0501 Ext. 2201.

This is an evidence based class. Materials prepared by GMCF, Georgia Medical Care Foundation, for Alliant Quality, the Medicare Quality Innovation Network—Quality Improvement Organization for Georgia and North Carolina.

Financial Exploitation of Senior Investors

— Article from July 2016 SECU, State Employees' Credit Union Grassroots Newsletter

Financial exploitation is a challenge for investors for any age, but especially for older and vulnerable adults. Studies show financial exploitation among senior investors is growing, and the amount of money lost to it is staggering. A report from the Consumer Financial Protection Bureau estimates losses attributed to fraudulent activities targeting older adults range from \$2.9 billion to \$36.48 billion. **Many of these investors are categorized as baby boomers (born between 1946 and 1964).** Baby boomers currently account for nearly 25% of the population, represent the wealthiest segment of investors, and are increasingly entering retirement. **Consequently, older adults are high priority targets for both financial services companies and scammers.** What makes financial exploitation of older adults so egregious (shocking/awful) is that victims do not have the benefit of time to recover from losses. They may also be more susceptible to tactics preying upon fears associated with aging, such as the loss of independence, outliving financial resources or diminished capacity.

Many organizations are working to protect and help older investors. One resource available is the **Financial Industry Regulatory Authority Securities Helpline for Seniors at 1-844-574-3577.** FINRA is a self-regulatory organization for the securities industry and is committed to providing financial tools and support. Because of its large population of older adults, North Carolina has a high volume of callers to the hotline.

If you have questions or need to report financial exploitation concerns, contact SECU at 1-888-732-8562 or stop by the local branch at 1002 Spring Lane, Sanford.

ARE YOU AT RISK?

FACTORS THAT PUT YOU AT RISK

<p>Some are what you might expect...</p> <p>Seniors who suffer from: Memory Loss Dementia, Alzheimer's Stroke</p>	<p>...and some are quite surprising</p> <p>Seniors who are: Financially Sophisticated, College Educated, Urban</p>
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Additionally, some things thought to increase risk actually don't.

Being a woman	Being an older senior	Losing spouse/partner

National Senior Center Month

“Living Well” Series

Find Balance at Your Center...

The Enrichment Center!

Join us **every Friday in September 2016**
as The Enrichment Center celebrates National Senior
Center Month by offering different programs & clinics
to help you *Live Well* and *Find Balance at Your Center*.

September 2nd	SAFETY DAY	10AM – 12 PM
September 9th	OPEN HOUSE	10AM – 2PM
September 16th	WELLNESS CLINIC	7AM – 1PM
September 23rd	HEALTH SCREENINGS	10AM – 2PM
September 30th	FLU SHOT CLINIC/RX & FITNESS	10AM – 2PM



The Enrichment Center of Lee County

Certified Senior Center of Excellence

1615 S. Third Street, Sanford, NC 27330

(919) 776-0501 Ext. 2201

Web: www.leecountync.gov/ec



Health
&
Wellness

September 2016 “Living Well” Schedule of Events

September 2nd SAFETY DAY 10AM – 12 PM

- Emergency Management & Sheriff’s Office
- Hurricane Awareness
- Medicine & Medication Safety
- Fire Alarms – Discussion On Safety & When To Change
- Legal Aid

September 9th OPEN HOUSE 10AM – 2PM

- Hot Dogs & Drinks In The Pavilion
- Fitness Demonstrations, Shuffleboard, Horseshoes, Cornhole
- Learn About The Enrichment Center & Senior Services, SHIP, Veteran Services, The Caregiver Program

September 16th WELLNESS CLINIC 7AM – 1PM

- Full Lipid Panel (Light Breakfast Provided)
- Blood Pressure Screening
- Bone Density, BMI (Body Mass Index) & Breast Health
- Ask The Dietician

September 23rd HEALTH SCREENINGS 10AM – 2PM

- Hearing, Dental & Vision
- Spinal
- Dermatology (Skin)
- Mental Health

September 30th FLU SHOT CLINIC/RX & FITNESS 10AM – 2PM

- Flu Shots
- Brown Bag Medication Review
- Assistive Devices
- Fitness Assessment



corner

caregiver



Spry Magazine

recently did an interview with singer and actress, **Queen Latifah**, in which she candidly opens up about the struggles of caregiving and embracing aging with love and laughter. **Queen Latifah** is an Academy nominated actress with both stage and screen credits. She was a pioneer for women in hip-hop, had a talk show and various other accolades too many to name. **The following excerpts are from the July 2016 Spry interview entitled, "It's Good to Be Queen".**

"It can be very challenging, when you're taking care of someone else, to take care of yourself. Sometimes it can wear you out, being a caregiver. But then I think, well, what must my mom be going through? And I pull it together. It helps to be able to talk about it to someone, to say, 'That was a rough one' or 'OK, that was a good day'. There's something comforting about knowing there are other people going through it, too. A lot of caregiving is trial and error. It's not something we're trained in. I've had to learn and adjust. But it's interesting. We find new things that make life easier and still make life full."

No doubt, being a caregiver, is Queen Latifa's most challenging and also, most rewarding role she has had. She may not win an Oscar for it, but providing care for someone is a gift and a treasure that no award can take the place of. It's important to remember you are not alone in your role of caregiver.

For support, resources or information, please call 919-776-0501, Ext. 2230.

~Holly

Senior Center Caregiver Specialist

Alzheimer's Support Group

Facilitator Holly Hight, Senior Center Caregiver Specialist
The next meeting will be Thursday, September 1st at 1:00 PM. This is an educational and mutual support group that provides a forum for families and friends of individuals with dementia to share experiences, information and coping skills. Open to all adults.

Feel free to call Holly Hight at 919-776-0501 Ext. 2230 anytime with questions or concerns.

Caregivers **GET CONNECTED**

The Caregiver Connections Board at The Enrichment Center displays information about upcoming events for the caregiver and care recipients. Private home care workers and caregivers can GET CONNECTED. A business card display holder is available to those on a first come, first serve basis. Home care workers can share their contact information with potential families. If a family is interested in obtaining names of potential workers, they can acquire a business card from the GET CONNECTED display.

The home care worker will be responsible for placing their business cards and maintaining them in the display board. Information must be on a 3 1/2" x 2" business card and typed. The home care worker will need to update and maintain their cards. If you have questions, contact Tami at 919-776-0501 Ext. 2212.

Find Balance at Your Center... The Enrichment Center!

**Family Caregivers - Be sure to join us
Fridays in September for the
Living Well Series:**

Sept. 2nd—Safety Day

Sept. 9th—Open House

Sept. 16th—Wellness Clinic

Sept. 23rd—Health Screenings

Sept. 30—Flu Shot Clinic/Rx and Fitness

See pages 5 & 6 of this newsletter for more details.

Caregiver Time Out

Tuesdays from 1:00 pm to 3:00 pm family caregivers can bring their loved one to this weekly group where there's fellowship, games, puzzles, crafts and refreshments. Program made possible by the **National Family Caregiver Grant**. For further information and to become a part of this group contact **Holly Hight, Senior Center Caregiver Specialist**, at 919-776-0501 ext. 2230.

"Being Mortal" Conversations *About The End Of Life* Join us as we screen this PBS special based upon the best-selling book by Atul Gawande, MD. **Thursday, Sept. 15, 2:00 - 4:00 P.M.** Following the screening, **Amedisys** hospice specialists will lead a discussion of key themes and the implications for all of us as we come to terms with our own mortality. Refreshments will be served. **Call Holly Hight to reserve your spot 919-776-0501 Ext. 2230.**



The Enrichment Center

1615 S. Third Street, Sanford, NC 27330

919-776-0501 www.leecountync.gov/ec

Handicapped Accessible Facility

June 2013 Re-Certified Senior Center of Excellence by the North Carolina Division of Aging and Adult Services.

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198



Be sure to tune in to The Enrichment Center Radio Newsletter Monday through Saturday, on Life 103.1 WLHC-FM.

Find Balance at Your Center!
Look inside for details about September's Senior Center Month events on Fridays!

**The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.**

Genealogy Workshop Mondays, Sept. 12 - Oct. 31, 2016 from 10:00 AM - 11:00 AM. FREE! Registration requested call 919-776-0501 ext. 2201.

A Novel Approach Book Group Tuesday, September 13, 2016 at 12:00 PM and is open to all adults. **Sept. 2016:** The Caliph's House by Tahir Shah, **Oct. 2016:** The Spirit Catches You and You Fall Down by Anne Fadiman.

An Introduction to doTERRA Therapeutic Grade Essential Oils with Roberta Byram, Wed., Sept. 21, 2016 at 1:30 P.M. Seminar focused on the benefits of using essential oils for a healthy body, aromatically, topically and internally. Registration requested, call 919-776-0501 Ext. 2201.

Ballroom Dance Lessons Mondays, Sept. 19 - Oct. 24, 2016 from 6:45 PM - 7:45 PM with **Instructor Judith McDonald**, member of US Dance. FREE. Class size limited, call 919-776-0501 ext. 2201.

Fall Fling Pot Luck Dinner Thurs., Sept. 29, 2016 at 6:30 P.M. Bring a friend and your favorite food. Registration required, call 919-776-0501 Ext. 2201.

Beginner, Intermediate and Advanced Computer Classes coming Fall 2016. Dates are in process. You can register now for the class level by calling 919-776-0501 Ext. 2201.

Saturday, Oct. 29, 2016 Vendors or crafters interested in participating at our annual Fall Festival on October 29 may call Debbie Williams at 919-776-0501, ext. 2203.

FREE Facebook Classes for those ages 50 and better Thursdays, Oct. 6, 13, 20 and 27 from 10:30 A.M. to 11:30 A.M. Registration required call 919-776-0501 ext. 2201.

Rex UNC Healthcare Mobile Mammography Friday, Oct. 7, 2016 at 9:00 A.M. Call Sharon Lucas, Lee Co. Health Dept., 919-718-4640 Ext. 5317, to register.

Lee County Senior Services Advisory Board

Trudy Forrest, Jim Payne, Karen Oldham, Commissioner Ricky Frazier, Vera Marks, Mary Upchurch, Henry Merritt, Cleo Bryant
Mary Upchurch, **Lee Co. Senior Tar Heel Legislature Delegate**, Jim Payne, **Alternate**